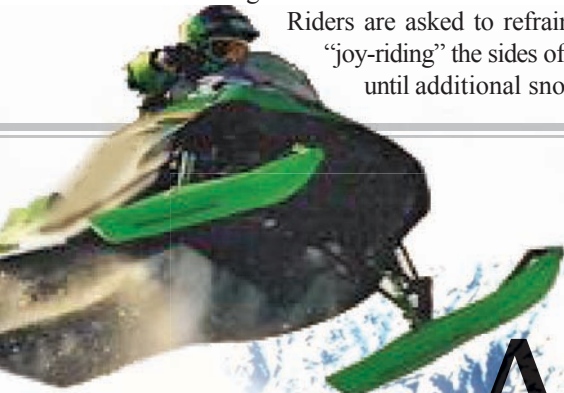


Snowmachining re-opens on base

Snowmobiling has re-opened on base beginning today. Please adhere to rules and be cognizant of areas with a low snow pack.

Riders are asked to refrain from "joy-riding" the sides of berms until additional snowfall.



Eielson AFB, Alaska
Home of the Iceman Team



Lights out

All holiday lights must be turned off in base housing. Call 377-2244.

COMM trounces @ in basketball playoffs

See page 6



Jan. 27, 2006
Vol. 46, No. 4

Arctic Sentry



"To Fight and Support the Fight - Any Time, Any Place"

Local support eases deployment

Life on the road for an Iceman

by 2nd Lt. Bryon McGarry
354th Fighter Wing Public Affairs

(Editor's note: This story is the first part in a series of features that highlight an Iceman's experiences during his deployment.)

As members of the 355th Fighter Squadron make their way to Afghanistan and other worldwide hot spots in support of the Global War on Terror, families back home brace themselves for at least four months without their loved ones.

For many of those military families, deployments have become just another phase in their lives – a necessity that has to be accepted

and worked through. For others, it is the first and most difficult part of military life thus far and leaves them wondering how they're going to get through it.

Reflecting on his journey from Air Force ROTC at the University of Colorado to his first deployment as an active-duty member, 1st Lt. Jake Stevens, 355th FS pilot, said he feels one emotion stronger than any other...relief.

"I feel good about leaving my wife in good hands," he said. "We've got great, supportive neighbors and friends and the various support agencies on base have certainly done a lot to make sure I'm leaving with a clear conscience."

Citing the family support center and staff judge advocate in particular, Lieutenant Stevens said he and his wife feel as prepared as they can be for the months ahead thanks to the efforts of the support agencies.

Lieutenant Stevens, deploying with other members of the 355th FS to Afghanistan, leaves his wife of eight months, Erin, and his Labrador retriever, Sydney, behind.



1st Lt. Jake Stevens, 355th Fighter Squadron pilot, is pictured with his wife, Erin and dog, Sydney. Lieutenant Stevens spent the last few days with his family while preparing to deploy to Afghanistan.

See Pilot Page 2

Elemendorf Airmen killed in IED attack

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

Two Airmen died and another was injured Sunday in support of Operation Iraqi Freedom.

Tech. Sgt. Jason Norton, 32, of Miami, Okla. and Staff Sgt. Brian McElroy, 28, of San Antonio, Texas, both assigned to the 3rd Security Forces Squadron at Elmendorf AFB, were killed when their vehicle struck an improvised explosive device while conducting convoy escort duties near Taji, Iraq.

The injured Airman was assigned to the 3rd Logistics Readiness Squadron.

"The Iceman team sends our deepest condolences to the families, friends and members of the 3rd Wing," said Col. Dave Scott, 354th Fighter Wing commander.

A memorial ceremony for the Airmen takes place at 4 p.m. today at Elmendorf.



Tech. Sgt.
Jason Norton



Staff Sgt.
Brian McElroy

Light shines on seasonal disorder

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

Icemen and family members that are depressed about the constant darkness and frigid temperatures they encounter in winter months may be up against more than just a bout of pessimism.

Seasonal Affective Disorder is a type of winter depression that affects an estimated half million people every winter between September and April, particularly during December, January and February.

SAD is caused by a biochemical imbalance in the brain due to the shortening of daylight hours and the lack of sunlight during the winter.

"The important thing to remember is to stay active, get out of the house and do something," said Maj. Theresa Lawson, 354th Medical Operations Squadron Mental Health Flight commander and clinical psychologist. "Now that the holidays are over, people pay attention to feeling depressed."

She said the symptoms of SAD usually recur regularly each winter, starting between September and November and continuing until March or April.

Symptoms of SAD are:

•**Sleep problems:** Unusual desire to oversleep and difficulty staying awake but, in some cases, disturbed sleep and early morning waking.

•**Lethargy:** Feeling of fatigue and inability to carry out a normal routine.

•**Overeating:** Craving for carbohydrates and sweet foods, usually resulting in weight gain.

•**Depression:** Feelings of misery, guilt and loss of self-esteem, sometimes hopelessness and despair, sometimes apathy and loss of feelings.

•**Social problems:** Irritability and desire to avoid social contact.

•**Anxiety:** Tension and inability to tolerate stress.

•**Loss of libido:** Decreased interest in sex and physical contact.

See SAD Page 2

Electronic kiosks provide convenience

by Tech. Sgt. William Farrow
354th Fighter Wing Public Affairs

Three easy-to-use electronic kiosks scheduled for installation at various locations here this March will provide customers with the convenience of taking care of their financial and personnel issues at their leisure.

The kiosks provide users access to personal information such as copies of Leave and Earnings Statements, W-2 forms and other personnel information/ Additionally, users can find information on local clubs and dining, ongoing Morale, Welfare, and Recreation activities, spouse employment, schools, housing, family support centers and various other topics.

Perhaps the kiosk's greatest asset is the potential for peace of mind that it provides members regarding financial matters.

The new computer system allows Airmen the flexibility of using financial services without having to go to finance, explained 1st Lt. Tammy Colvin, 354th Comptroller Squadron Finance Flight commander and base kiosk project manager.

"The purpose of the OneStop Kiosk is to provide personnel with a means to access information available on the World Wide Web using a friendly menu system," she said.

Two kiosks are set for placement at lodging and finance.

Lieutenant Colvin said the third kiosk location is still being sought, but it will be located at a high-traffic location with easy access.

The AF One-Stop Kiosk is part



of an ongoing Air Force Customer Service Transformation initiative. Kiosks installed on European bases and stateside locations (Lackland, Keesler, Goodfellow, Wright-Patterson and Eglin Air Force Bases) are already popular and are improving the quality of life and enhancing mission readiness of military personnel there.

Lieutenant Colvin said the Air Force has made tremendous investments over the last several years developing Web sites that deliver information and services.

However, people without Internet access at home or at work do not have access to essential information unless they can physically visit an on-base customer service office.

Eielson's kiosks will serve the large transient population that swells at the base during Cope Thunder exercises. During those

periods, the base often swells by more than 1,000 people.

Often the Airmen who are on temporary duty assignment at Eielson during Cope Thunder exercises have limited access to computer workstations. Therefore, they are a target group that will benefit from the kiosks.

"This allows people to access Virtual (Military Personnel Flight), MyPay and other programs," Lieutenant Colvin said.

"It really helps people who don't have access to a computer to get the information they need."

Some local information links include: spouse employment, schools, housing, family support centers, currency conversion calculator and various other topics for people transitioning in the area.

The machine can also print information, forms and maps for travelers.



There is virtually no operation downtime for the machine. When the kiosk becomes inoperable, the main computer hub in San Antonio stops receiving information from the unit and informs the kiosk manager.

"If the kiosk is offline for any reason, we will know about it and be able to fix the problem quickly," said Lieutenant

ICEMEN DEPLOYED



Iraqi Freedom - 78
Enduring Freedom - 368
Other - 22
Total = 468
As of Jan. 24

Today

High -30, Low -40
Mostly Cloudy

Sunrise: 9:53 a.m.

Sunset: 4:19 p.m.



WEEKEND WEATHER

Saturday

High -30, Low -40
Mostly Cloudy

Sunrise: 9:50 a.m.

Sunset: 4:22 p.m.



Sunday

High -30, Low -40
Mostly Cloudy

Sunrise: 9:47 a.m.

Sunset: 4:26 p.m.



Pilot from Page 1

Mrs. Stevens said she’s sad but optimistic about her time apart from her husband.

“We were apart for a while he was at pilot training and I was getting my Master’s, but we always managed to see each other at least once a month,” she said. “It’ll be tough, but I’m just going to try to stay active and keep busy to make the time go faster.”

Lieutenant Stevens said he hopes for the same, and if keeping busy does indeed speed up time, he can look forward to a quick deployment, as he and his fellow 355th members are guaranteed many long days and nights of high-intensity

SAD from Page 1

•**Mood changes:** In some people, extremes of mood and short periods of hypermania (overactivity) in spring and autumn.

Icemen who feel they are experiencing symptoms of SAD can take advantage of light therapy, which uses ultraviolet lights.

“Light therapy or ‘happy lights’ exposes people to the full spectrum of light that they otherwise would be getting from the sun,” said Major Lawson.

The ‘happy lights’ have been proven effective in up to 85 percent of diagnosed cases, according to www.sada.org.uk/treatment.htm.

The Health and Wellness Center has a room set aside specifically for light therapy that Icemen can use, said Dana Baugh, 354th Medical Group exercise physiologist.

“Icemen who would like to take advantage of the ‘happy lights’ may walk-in any time the clinic is open, no

duty in support of Operation Enduring Freedom.

“I’m really excited about flying over there,” he said. “We’ve all had extensive training to prepare us for this, and now we get to show what we’re made of.”

Pilots from the 355th have supplemented their regular training over the last few months by flying with external fuel tanks and night vision goggles in preparation for the long trek to, and duty in, the region.

Training provides deployed members the comfort and familiarity with mission goals they need to perform in the field, but Mrs. Stevens said that a lot is still

up in the air.

“The deployment is so uncertain and communication is sometimes difficult, so it’ll be tougher by far than being just a couple of states apart,” she said. “We’ve (spouses) got a lot of support though, and I’m optimistic.”

Moments before boarding a C-17 that would begin the first leg of his journey to Afghanistan and under a shroud of darkness and snowfall outside Eielson’s joint mobility complex, Lieutenant Stevens looked up at the sky and smiled.

“I sure won’t miss the weather, but that’s okay,” he said. “There are a lot of other things that I will miss.”

reservation is needed” said Ms. Baugh. “We have a massage chair and a compact disc player to help relax them as they soak in the ultraviolet rays from the light box.”

“Depending on how much a person is suffering from symptoms of SAD depends on how much they’ll come in for light therapy,” said Major Lawson. “Some will come in everyday and others will come in only two or three times a week.”

There are various other ways to help combat SAD during the long, winter months.

“Go to the youth center, walk your dog, exercise regularly or start a new hobby,” Major Lawson said. “Any of these things will help boost your mood. Just don’t stay cooped up in your house.”

Icemen who feel they need to see someone for help can go in for a checkup with a behavioral health consultant, their primary care doctor or life skills.

For more information call 377-3071 or 377-6662.

Treating the flu, medications

Note: This is the second in a series of columns by the Headquarters Pacific Air Forces surgeon and his staff, to provide information to PACAF personnel and their families on pandemic influenza. This week’s article discusses antiviral medications and vaccines.

HICKAM AIR FORCE BASE, Hawaii – In general, flu viruses are transmitted from person to person by breathing in respiratory droplets caused by coughing and sneezing. Sometimes, however, people become infected by touching a surface with flu viruses on it and then touching their mouth or nose.

Good hand-washing habits will help prevent flu from spreading. But vaccination is recommended to provide the body with antibodies that help fight off or prevent infection.

The manufacturing of flu vaccines is a tedious and complicated process that involves hundreds of millions of egg cultures. The process generally takes six to nine months to complete. And each year, because the flu viruses readily undergo genetic changes, a new vaccine has to be developed in order to be effective against the “new” strain.

Should the avian influenza (“bird flu”) virus currently circulating in Asia and Europe become easily transmis-

sible from person to person, the virus will likely have undergone significant genetic changes that will necessitate the production of a specific vaccine. And though several countries, including the U.S., are developing vaccines using the 2004/2005 avian flu strains, how effective they may be at the outset of a pandemic is unknown.

The need to shorten the production cycle is critical to having a vaccine to protect us from a new pandemic flu virus. To address this issue, Congress recently approved approximately \$4 billion for the development of more sophisticated techniques to manufacture vaccines more quickly and better meet the demand.

If no vaccine is available, most people will need to rely on traditional public health measures to lessen the possibility of contracting the flu. Common tactics include reducing contact with persons who may be ill, washing hands frequently and thoroughly, covering coughs with one’s hand, telecommuting to work, keeping children out of school, and so on.

In the absence of a vaccine, physicians also look to specific drugs called antivirals to help prevent infection or to treat people who have been infected.

When used properly along with other traditional public health measures, these antiviral drugs may help to bring under control the earliest cases of a potential pandemic and prevent the virus from spreading globally.

There are two different classes of antiviral drugs, the adamantanes and the neuraminidase inhibitors. Due to their demonstrated resistance to seasonal flu viruses, the adamantanes are not considered effective for treatment of avian flu. Therefore, the neuraminidase drugs – including Oseltamivir (also known as Tamiflu) and Zanamivir (Relenza) – are the most likely candidates to treat pandemic avian flu because they are newer and have not yet built up resistance.

Antiviral drugs of any kind, however, have their drawbacks. Tamiflu must be used within 48 hours of exposure (even before symptoms appear) to be effective. Relenza cannot be used until after symptoms appear. Another drawback is that both of these medicines are currently in short supply. Because Tamiflu is in short supply, its use may be limited to treatment of the sick rather than as a preventive.

For more information on how to prevent the flu, call the 354th Medical Group Public Health office at 377-6676 or 377-6675.

Elite Thunderbirds seeking volunteers

by Staff Sgt. Josh Clendenen
Thunderbirds Public Affairs

The United States Air Force Air Demonstration Squadron is looking for professionals to join an elite team known world-wide for precision flying and community involvement.

Volunteers are needed in eight career fields.

“The Thunderbirds have more than 34 career fields represented in the squadron,” said Chief Master Sgt. Ted Field, chief enlisted manager of the Thunderbirds. “We have a job for just about everyone out there.”

The Air Force Specialty Codes needed are 2A3X2 Avionics, 2A3X3B Crew Chief, 2A6X3 Egress, 2A6X4 Fuels, 2A6X6 Electro/Environmental, 2A7X3 Structures, 3N0X1 Public Affairs, 3V0X1 Graphic Artist and 8F000 First Sergeant.

For information on the application process, visit www.airforce.com/thunderbirds.

“Even if (a) career field is not listed, we are accepting applications,” Chief Field said. “Anyone can submit an application for a job in one of the (34) career fields we have. We’ll keep the application on file for six months, and if a job comes open we will look at the applications we have and we’ll try to fill them with those.”

One of the common misconceptions about the Thunderbirds is the team is gone all the time.

“We do travel across the United States and in some cases across the world,” Chief Field said. “But we’re not gone all the time. We have a good amount of time at home, but we do travel.”

During the season, a typical week begins on Thursday when the team travels to its show site. Pilots fly their aircraft and support personnel typically travel in a C-17. As soon as the jets touch down, technicians recover their aircraft and perform post-flight tasks. Meanwhile, public affairs prepares for enlistment and re-enlistment ceremonies, media interviews and orientation flights.

Communications specialists videotape the arrival and landing. The advance pilot, having arrived the day before, briefs the team on subjects including transportation and the weather.

Friday is usually a practice day, giving the Thunderbird pilots an opportunity to become familiar with the terrain and local landmarks. Crew chiefs and their assistants attend to pre-flight tasks.

After the practice flight, the team meets with members of the community whose special needs might prevent them from attending a crowded show. On Saturday and Sunday, the team flies its full show and meets with the crowd to sign autographs for 20 minutes.

On Monday, the team heads back to Nellis AFB, Nev., then goes back to work Tuesday.

“It seems really busy, and to some extent it is, but the people you get to meet with on the road make it all worthwhile,” Chief Field said.

“The bottom line is an assignment to the Thunderbirds is the chance of a lifetime,” the chief said.



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Are you RED-dy?

Compiled from staff reports
Pacific Air Force Office of Public Affairs

HICKAM AIR FORCE BASE, Hawaii – That’s RED as in “Record of Emergency Data” (formerly the DD Form 93), and these days, because the form is maintained online, it’s more commonly known as the vRED, or virtual Record of Emergency Data. All Airmen are required to have a vRED on file designating who the Air Force must contact (names, addresses, phone numbers) in the event you become a casualty, and who will receive the unpaid pay and allowances and death gratuity.

But suppose your vRED is outdated. Perhaps a phone number has changed. Perhaps you’ve been married or divorced, or a parent has passed away since you last updated your vRED.

So what? You might be wondering “what’s the big deal?” if your information isn’t as current as it could be.

Consider the following: You’re in a car wreck that leaves you incapacitated or worse, dead. Your next of kin are living in the continental United States. Air Force officials look at your vRED to obtain the contact information so that they can dispatch a casualty notification team from the military base closest to them to notify your family about the accident. The casualty notification team is dispatched ... but your family is no longer at that address. Air Force officials must then try to find out where your next of kin actually live.

This isn’t just a hypothetical case. It’s actually happened on a number of occasions, all because the vRED information was not accurate. Don’t allow this happen to you or your family.

Updating your emergency contact information is easier than ever these days, and you can update it online at anytime. Simply log onto the Virtual Military Personnel Flight through <https://www.my.af.mil> or <https://www.afpc.randolph.af.mil>. (If you don’t have a log-in name, you can create one from the homepage.) After logging in, you’ll see a menu of options available to you. Select “vMPF” to enter. Under the list of “most popular applications” in the vMPF, you’ll find the Record of Emergency Data link.

Ideally, no one will ever have any reason to access the information contained in your RED, because you will never be involved in an emergency situation. But for your own peace of mind, and your family’s, don’t you want the data to be accurate?

On your list of New Year’s Resolutions, include this one: Update the virtual Record of Emergency Data – you won’t regret it.

For more information, log on to www.my.af.mil or call the 354th Mission Support Squadron Military Personnel Flight at 377-2276.

DEPLOYMENT CORNER

Senior Airman Jonathan Cansdale, 354th Contracting Squadron contract specialist, met former President, George Bush for breakfast during the President’s visit to a deployed location in Southwest Asia. Airman Cansdale was recently promoted to Senior Airman Below-The-Zone in December, prior to his deployment.



Airman 1st Class Anthony Nelson

DWI CLOCK

Maintained by the 354th Security Forces Squadron			
Iceman Team goal is 60 days without a DWI.	Days without a DWI: 26	Airmen Against Drunk Driving volunteers gave 16 rides last weekend and have ‘saved’ 4,585 lives to date.	Klondike Cab, at 457-RIDE (7433) offers Icemen discounted rides back to base. AADD, at 377-RIDE offers free rides 10 p.m. to 4 a.m. Friday and Saturday nights.
Need a free ride home?	Days until goal: 34		
377-RIDE			

Arctic Sentry

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Best Metro Format Newspaper in PACAF 2003 & 2004

Editorial staff

Col. Dave Scott
Commander, 354th Fighter Wing

Capt. Christopher Anderson
Chief, Public Affairs

Tech. Sgt. William Farrow
NCOIC, Public Affairs

Airman 1st Class Justin Weaver
Editor

—COMMANDER’S—
CORNER

Commander’s
Hotline
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Col. Dave Scott
354th Fighter Wing commander

AAFES	372-2139
CE customer service	377-2100
Chaplain	377-2130
Dining facility	377-2536
Family support center	377-2178
Finance	377-1851
Fraud, waste & abuse	377-2109
Housing management	377-2244
Inspector general	377-2109
Military personnel flight	377-2276
Legal	377-4114
Public affairs	377-2116
Services	377-2857
TRICARE	377-5235,
Ext. 2	

Newspaper
deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to editor@eielson.af.mil or to ARCTIC SENTRY on the global listing.

Story ideas?

If you have a story idea that you think would be interesting to the base population, send an e-mail to: editor@eielson.af.mil.

PACAF:Inside the Triangle

by Maj. Gen. Chip Utterback
Pacific Air Forces Vice commander

HICKAM AIR FORCE BASE, Hawaii —Our Pacific Air Forces’ area of responsibility extends over 16 time zones, from Alaska in the north to Antarctica in the south. It covers half the world’s surface. The region includes 60 percent of the world’s population speaking more than 1,000 languages and dialects in 43 different countries. It’s difficult to overemphasize the vastness and complexity of the Asia-Pacific region.

Unlike other parts of the globe, however, the Pacific region does not share a central land mass, so the cultural differences from one country to the next are immense. There is no NATO, no highways, no “Channel,” to connect populations. There is no literal or figurative “table” where nations can sit and share their views, argue, cooperate and compromise.

If you consider that U.S. trade with the region totaled over \$735 billion in 2004, and accounted for over 32 percent of our entire international trade, you can understand the strategic importance and complexities of this region.

Ongoing diversity, growth, and prosperity have made the Asia-Pacific region ripe for intense commercial and military competition. This, in turn, has led to rapid military modernization in several countries that includes the proliferation of weapons of mass destruction ... and their corresponding delivery systems.

Terrorists and criminals network with each other, also seeking to acquire such weapons for their own use. We’ve also got commercial-trade pirates working in maritime choke points like the Malacca Straits (between Indonesia and Malaysia). This piracy problem results in over \$16 billion per year in lost trade.

Can you see the “perfect storm” brewing?

This is our playing field in the Pacific. Given this environment, what is Pacific Air Forces doing to transform operations in the air and space regime in this region?

First, if you look at our Air Force presence in the Pacific, you’ll notice that over half of PACAF’s nine active-duty wings are not on U.S. soil. We have three wings in Japan and two in Korea. These bases are tremendously important. We have wonderful relationships with our Japanese and South Korean partners, but foreign basing adds a level of complexity to our security strategy.

PACAF bases in Alaska, Hawaii, and

Guam are on U.S. soil. If you consider each of those locations a specific point and connect the dots, you can visualize a “strategic triangle.” This triangle forms a wedge into the Pacific from which we can project airpower to demonstrate our commitment to our friends and allies, deter aggression and, if necessary, defeat any adversary.

A quick trip around the triangle will highlight some of the new capabilities each location will host.

Guam is the point of the triangle deepest into the Pacific region. Andersen AFB is the most forward operating base on U.S. soil in our theater — the tip of that strategic wedge. Andersen has the ramp space to handle big aircraft in quantity, seen during Vietnam, when more than 150 B-52s were parked at the base during the Linebacker bombing campaign. Andersen also hosts the largest fuel storage, and one of the largest munitions storage facilities in the Air Force. And the base has plenty of expansion capability.

We’re planning to establish a permanent tanker presence in Guam. We’re also proposing to establish intelligence/surveillance/reconnaissance and Global Strike capability on Guam. This will provide our combatant commander with a forward-based, flexible Air and Space Force. We’re also considering an expansion of Andersen’s Aerospace Expeditionary Force concept to include a balanced mix of air assets, including more fighters and bombers.

In addition, we’re in the process of building permanent facilities to base at least three Global Hawks and their launch and recovery element. This unmanned air system is a non-shooting, “peaceful” platform that can acquire visual data for many purposes ... everything from looking for pirate vessels in dangerous waters to assessing natural disaster damage. We’re already partnering with Australia, Japan, Singapore and the Republic of Korea as we “internationalize” Global Hawk. The platform is a tremendous opportunity to bring nations together in the Asia-Pacific region.

Exciting times are ahead for Andersen AFB and Guam!

Hickam AFB in Hawaii is another point of the “strategic triangle.” For starters, Hickam will be receiving eight C-17s — the first of which arrives Feb. 8. Our C-17s will be co-located with the Army’s new Stryker brigade in the 25th Infantry Division at Schofield Barracks. This will allow the units to train together on a regular basis and provide Pacific Command with organic long-haul airlift to establish “boots on the ground” presence anywhere in



“Our young men and women who normally drive aircrew buses in the snow of Alaska are now driving up-armored HUMVEEs in the sands of Iraq ... and they are doing it magnificently.”

Maj. Gen. Chip Utterback
Pacific Air Forces Vice commander

the theater within 24 hours.

The arrival of the C-17 here will mark not only the first bed-down of the C-17 outside the continental United States, but it will also initiate the first integrated active-duty and Air National Guard airlift unit. Aircrew and maintenance technicians from the Guard will be an associate unit assigned to the active-duty wing. That’s Total Force integration, with the Guard and full-time Air Force working hand-in-hand.

This new way of doing business really hits at the heart of transformation — finding innovative, intelligent ways to maximize our resources, and optimize our expertise.

Hickam is also the home of PACAF’s first warfighting headquarters unit, the George C. Kenney Headquarters. This is a new concept, designed to be a “24/7/365” command-and-control centerpiece, focused on planning and executing operations, as well as conducting engagement throughout the Pacific theater. With the Kenney headquarters, PACAF provides the commander of Pacific Command a three-star Airman to lead joint and coalition air operations, along with a headquarters package that can be specifically tailored for any contingency.

Through reachback, the warfighting headquarters will allow us to reduce the footprint in any given operations area. A good example is the Global Hawk. The aircraft will be physically located in Guam, but the mission control element (which actually “flies” the vehicles and collects data for analysis) will be located here at the Kenney Headquarters. This not only saves us time and money, but it reduces the number of Airmen who must be forward-deployed as well.

In summary, the warfighting headquarters will provide the “connective tissue” for air and space power capabilities in the Pacific. It will integrate intelligence, command-and-control, and strike capabilities to respond to the full spectrum of military operations.

Alaska is the third point of the triangle. In 1935, Brig. Gen. Billy Mitchell testified to Congress that “Alaska is the most strategic place in the world.” A consummate visionary, General Mitchell knew that Alaska’s location and the speed and maneuverability of airpower were a perfect match.

Much has changed since General Mitchell’s time, but Alaska hasn’t moved, and it remains a key strategic location. As such, Elmendorf Air Force Base outside Anchorage is slated to receive C-17s in 2007 and F-22s in 2009. These two airframes will give us the capability to establish air dominance anywhere in the theater at any time. This is something we can’t take for granted. Establishing this air dominance means we can operate without the threat of enemy air attack. (We have not lost a single American life to an enemy aircraft attack since April of 1953, and the F-22 will keep it that way.)

That’s the Pacific Air Forces’ “strategic triangle.” But it’s not simply a geometric configuration of systems and organizations. Unquestionably, people are our most valuable resource. Our Airmen and their ability to adapt to an ever-changing landscape are at the heart of transformation, whatever shape it takes.

If you want to talk about new ways of doing business, consider the young airmen who are spending more time now with M-16s than F-16s. Last year, PACAF sent dozens of expeditionary Airmen to the Central Command area of operations and asked them to transform in stride. Our young men and women who normally drive aircrew buses in the snow of Alaska are now driving up-armored HUMVEEs in the sands of Iraq ... and they are doing it magnificently.

PACAF’s future is exciting. The strategic complexity of the region presents any number of challenges — but the men and women of Pacific Air Forces will meet those challenges. I’m proud to serve with you. Let the transformation begin.

SERVICES PROGRAMS

Editor's Note: For a list of other classes and programs, call 377-3268 or surf to www.eielsonservices.com. Please RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equipment. Call 377-1232.

Programs

Texas Hold ‘em tournaments: 6-8 p.m., Tuesdays at the Yukon Club. Call 377-1075.

Deployed bowling for family members: 5-7 p.m., Fridays at Arctic Nite Lanes. Call 377-1129.

Trap shoot: 5-9 p.m., Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.

FitFactor weekly events: 2:30 p.m., Fridays at the youth center.

Thrifty Tuesdays: 5-8 p.m. \$1 specials on bowling and food at Arctic Nite Lanes.

Skeet league: log 50 targets per week. Any adult, active duty member, family member, civilian or retiree may join the league. Call 377-5338.

Chess club: 5:30 p.m., Thursdays at the community center. Call 377-2642.

Spades tournament: 8 p.m., Fridays, at the Yukon Club.

Bowling instruction available at Arctic Nite Lanes. Call 377-1129.

Grand re-opening

A Grand re-opening for the Arts and Craft Center and the Leisure Travel Office is 10:30 a.m. today in the old credit union building. Snacks and refreshments will be available. The Arts and Crafts Center offers make-it-yourself kits, framing and engraving, balloon bouquets, trophies, commemorative plaques and more. Classes are offered in framing, quilting and sewing. Call 377-4880.

Birch Lake, Valdez

Birch Lake and Valdez recreation site reservations for summer can be made at outdoor recreation for active duty members at Eielson. Reservations must be made in person at Iceman Falls Lodge. Call 377-1328.

Aero training

Ground-school training is available on Compact Disc. Tuition assistance is available for active duty Air Force members. The Aero Club is accepting registration for an airframe and power-plant training beginning in February. For prerequisites, call 377-1223.



Today

❖Deep Freeze Bunco for spouses of deployed members takes place 6 p.m. at the community center. For reservations, call 377-2642.

❖Thunder Alley glow bowling takes place 7-11 p.m. Fridays and Saturdays at Arctic Nite Lanes. Reservations are not needed. Call 377-1129.

Saturday

❖The “Chosen Frozen” teen luau is 8-11 p.m. at the Teen Break. Admission is \$2 per youth center member. Call 377-3194.

Sunday

❖Breakfast is available 9 a.m.-1 p.m. at the Yukon Club. Cook-to-order french toast, eggs and waffles are available. Call 377-3174.

Monday

❖Valentine balloon bouquet orders will be accepted today through Feb. 11 at the Arts and Crafts center in the library building. Prices start at \$5. Delivery is available on base for an additional \$5 fee. Call 377-4880.

Tuesday

❖Thrifty Tuesday bowling

specials take place 5-8 p.m. at Arctic Nite Lanes. Pay \$1 for a game of bowling or shoe rental. Call 377-1129.

Wednesday

❖Join the Aero Club today through Feb. 7 and take half off any computer-based instructional training kit when a block account is established. Call 377-1223.

Thursday

❖An introductory quilting class is 6-8 p.m. Tuesdays and Thursdays during February. Cost is \$40. Call 377-4880.

International bow class

An International Bowhunter’s Education Program class is Feb. 25. Call Erik Zrucky at 372-2479 or 378-7625 for details. Students must sign-up by Feb. 22. Cost is \$10. The outdoor proficiency portion of the class will be held at a later date.

Youth coaches needed

Volunteers are needed to help coach youth basketball teams at the youth center. Call Sarah Nolin, youth center sports director, at 377-1069 or email sarah.nolin@eielson.af.mil.

Expired decals

Security forces will issue verbal reminders for personnel with expired DD Form 2219s (registered vehicle expiration) decals to have them renewed at pass and registration. Beginning February, security forces will issue Air Force entry forms for access on to the base. Call 377-1033.

Thrift Shop hours

The Thrift Shop is open 6-9 p.m., Tuesdays and 10 a.m. to 2 p.m., Thursdays. Consignments are accepted until one hour before closing. Donations are tax deductible. All proceeds from the Thrift Shop go toward welfare requests and scholarships. Volunteers are needed. Call Cynthia Sullivan at 377-5274.

Military spouse scholarship

The National Military Family Association is now accepting applications for NMFA’s Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse — active duty, retired, National Guard, Reserve or survivor — studying toward professional certification or attending post-secondary or graduate school is encouraged to apply. Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books, and school room and board. The number of scholarships awarded each year varies. Applications can be found at www.nmfa.org/scholarships2006.

Snow, ice removal

Icemen are reminded to remove snow and ice from sidewalks, driveways and fire hydrants within 24 hours of snowfall. For more information, call 377-2244.

Chess club hours

The chess club now plays 5:30-7 p.m., Tuesdays and 5:30-8 p.m., Thursdays at the community center. Call 377-2642.

Mobility requirement

All mobility-qualified personnel are required to complete Explosive Ordnance Reconnaissance training online at <https://golearn.csd.disa.mil/>. Personnel must have a training certificate for EOR training before they can be scheduled for mobility training. For more information, call 377-1125.

JROTC instructors needed

The Air Force Junior Reserve Officer Training Corps has more than 60 instructor positions available in more than 26 states for retired or soon-to-be retired officers and NCOs. For more information, call 866-235-7682, ext. 35275 or 35300 or DSN at 493-5275 or 5300. For a list of schools and locations, go to <http://www.afoats.af.mil/AFJROTC/Instructors.asp>.

OPSEC Advisory

Various phone companies are currently marketing spy phones. The phone can be utilized as an ordinary cell phone, but when properly programmed it can be remotely activated and used as a listening device. The phone appears to be off to those in the room when activated remotely. Personnel should be aware of the presence of cell phones and the potential dangers posed to situations such as controlled deliveries. Call 377-1690.

Air Force Aid Society

The Air Force Aid Society gives aid to military members for emergencies ranging from basic living expenses and emergency travel expenses to car repairs and other expenses in emergency situations. The AFAS offers community enhancement programs such as providing free childcare for volunteers, families making a PCS and the “Give Parents a Break” program. sistance. For more information, call George Cromer at 377-2178.



All movies show at 7 p.m. at the base theater unless otherwise noted.

Today: The Chronicles of Narnia: The Lion, the Witch and the Wardrobe

The book tells the story of Peter, Susan, Edmund and Lucy, who are separated from their parents in London during the German air raids of World War II. They are sent to the country for safety and find a magic wardrobe that transports them to the mystical world of Narnia, a once peaceful land of talking beasts, dwarfs and giants. Rated PG (battle sequences, frightening moments) 125 min.

Saturday: The Family Stone

The Stones, a New England family, have their annual holiday gathering. The eldest son brings his girlfriend home to meet his parents, brothers and sisters. The bohemian Stones greet their visitor with a mix of awkwardness, confusion and hostility. Rated PG-13, 102 min.

Sunday: Pride and Prejudice

In class-conscious England near the close of the 18th century, the five Bennet sisters have been raised well aware of their mother’s fixation on finding them husbands and securing set futures. The spirited and intelligent Elizabeth, however, strives to live her life with a broader perspective, as encouraged by her doting father. Rated PG (mild thematic elements) 128 min.

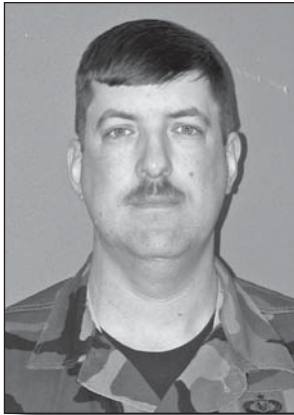
Thursday: The Chronicles of Narnia: The Lion, the Witch and the Wardrobe



HALL OF FAME



The Hall of Fame is a program for group commanders to recognize Airmen for excellent job performance.



Airman 1st Class
Jorge Alivira
Fire Fighter
354th CES
Naguabo, Puerto Rico

Senior Airman Kevin Brown
Aerospace Propulsion
Journeyman
354th AMXS
Jacksonville, Ark.

Tech. Sgt. Travis
Baumgardner
NCOIC First Term Airmen
Center
354th MSS
Parsons, Kan.

Antoinette Cummings
Human Resources Assistant
354th SVS
Albuquerque, N.M.

Staff Sgt. Patrick Wilson
Safety Craftsman
354th FW
Bellfonte, Pa.

“He made the commander’s honor roll for scoring 90 percent or greater on two of his CDC EOC’s. In addition, he completed the hazmat technician course which is usually reserved for senior airmen and above. He also volunteered for AADD, Fill the Boot, and Santa’s Sleigh. His efforts have definitely set him apart from his peers.”

“He is a phenomenally motivated aerospace propulsion journeyman who consistently excels in the flightline environment with outstanding attention to detail. Over the past three months he achieved a 100 percent pass rate on 13 quality assurance evaluations and was placed on the quality assurance Honor Roll, clearly setting the example for all to follow.”

“He has transitioned more than 260 Airmen from a controlled training environment to a mission ready force. He recently increased training capabilities by 300 percent through CPU upgrades and the installation of increased LAN access. He truly puts the mission and the welfare of our first termers ahead of himself. His leadership and dedication serve as an example for all.”

“She consistently goes above and beyond with not only her duties, but for the squadron as a whole. She is always willing to volunteer her personnel time to assist the squadron with programs affecting the Eielson community. Her customer service skill leads the way for all – every day and every way. She is definitely an asset to the services squadron.”

“He personally enhances the mishap prevention program and combat capabilities for the Iceman Team. He is the driving force behind the monthly safety newsletter which increases awareness of risk for both on- and off-duty activities. His efforts resulted in a 24 percent decrease in recordable mishaps for the first quarter of fiscal year 2006.

CS trounces OG in playoffs, advances to quarter finals

by 2nd Lt. Bryon McGarry
354th Fighter Wing Public Affairs

The CS’s intramural basketball team turned a one-point halftime lead into a second-half shooting clinic, exploding out of the gate to rout OG and move a step closer to the championship round of the playoffs with a 42-19 victory.

Up just 13-12 at the intermission, CS rode Kyle Buckley’s three-of-three second-half shooting outburst from behind the arc to open up an insurmountable lead.

Buckley, who led all scorers with 14, said his team is thankful it hasn’t lost too many players to deployment obligations, a problem other teams have seen more of lately.

“We really got lucky,” he said. “Our main unit has stayed together and played well together. We feed off one another”

OG leading scorer Leroy Minus said his team wasn’t so lucky.



Above, CS player Michael Aschenbrenner flies toward the basket for a first-half lay up. Right, OG player Del Hively winds up for a free throw during the second half of Monday’s playoff game.

“The chemistry just wasn’t there,” he said. “We’ve got a lot of guys deployed and we’ve been trying hard to work through it, but we haven’t played together much and you need time to get used to one another.”

Minus dropped 10 points in the game but was hampered by a resilient CS defense throughout.

CS player/coach Christian Braunlich said after the game that his team knew how to turn things up when it counted, as they followed a stagnant first period that saw more fouls than scoring with a burst of newfound tenacity.

“We knew we needed to come out strong in the second half, and some great shooting gave us a good lead,” he said. “We got out in front and were fortunate to hold them off.”

With no other OG player scoring more than five points and mounting second-half foul trouble, the team eventually folded to CS’s spirited scoring run.

Despite their sharp shooting, OG coach Diana Lealaimatafao actually credited CS’s defense with turning the tide.

“They shot great but they also shut down Minus and (teammate Tori) Temple,” she said. “With fewer veterans on the team, we’re just starting to work together, but we’re optimistic about the next game. We’re going to work hard and see what happens.”

Buckley said he’s counting on good teamwork to see his team through to the championship round.

“It’s great when your teammates are helping you out and really moving the ball well,” he said. “Hopefully we’ll get our pictures taken in the finals.”

(Due to deadline constraints, championship game coverage will run in next week’s publication.)



Photos by 2nd Lt. Bryon McGarry
Above, CS player Cordell Brown drives to the basket during first-half action Monday. CS overcame early foul trouble to mount an insurmountable second half lead, moving them to the quarter finals.

New Aerobics schedule

- Monday**
6 a.m. Boot Camp
8:30 a.m. Pilates
11:30 a.m. Step
5 p.m. Spin
6:15 p.m. Step
7:30 p.m. Yoga
- Tuesday**
6 a.m. Spin
8:30 a.m. Aqua
11:30 a.m. Pilates
5 p.m. Aqua; Step
6:15 p.m. Spin

- Wednesday**
6 a.m. Spin/Tone
8:30 a.m. Pilates
11:30 a.m. Step
5 p.m. Spin
6:15 p.m. Cardio/Tone

- Thursday**
6 a.m. Spin
8:30 a.m. Aqua
11:30 a.m. Kickbox
5 p.m. Aqua; Step
6:15 Spin

- Friday**
5:30 a.m. Pilates
8:30 a.m. Aqua
11:30 a.m. Stability Ball
6:15 p.m. Yogalates

- Saturday**
9:15 a.m. Spin
10:30 a.m. Cardio/Tone
10:30 a.m. Aqua



Log onto FitLinxx at www.fitlinxx.com to enter workouts, set personal goals or speak with a trainer.